

# **Summary of Goals & Objectives for the Maine Differential Substance Abuse Treatment (DSAT) Community Program for Men**

## **Men's Community DSAT Pre-Treatment Orientation Sessions**

### **Intended Audience**

- ❖ Men who are assessed as having a Level 3 (moderate) or 4 (substantial) degree of alcohol and/or other drug dependence and criminal risk, or
- ❖ Any person who is eligible for a community DSAT program

### **Broad Objectives for Community Pre-Treatment Sessions:**

- To keep DSAT participants actively engaged in the DSAT system and process throughout the entirety of the period that starts with the CSA and ends with the completion of the Maintenance Phase.
- To preserve and build on receptivity and desire to change
- To develop a “skills-based” learning environment for participants, targeting motivation and support for treatment
- To help participants get the most out of the Intensive and Maintenance programs by providing support, and building understanding of and receptivity to roles/responsibilities of group participation, DSAT concepts, and methods they will experience.

*Note: In accordance with the DSAT Model of treatment delivery, sessions are to be delivered to men and women separately. Participation is mandatory for any person who would otherwise experience delay between the end of MET and the start of the Intensive Phase. The composition of these groups is open and fluid, allowing for immediate entry as participants complete MET sessions. Each session is comprised of one hour of structured programming, a ten-minute break, and about twenty minutes of open discussion.*

### **Community Pre-Treatment Objectives by Session (6 sessions)**

- DSAT Overview – To give participants an idea of what to expect of DSAT treatment, including the nature, philosophy, and structure of DSAT, and the length of time to be spent on each program component.

- Working Together – To explore the benefits of working as a group, and to understand the utilization of group skills throughout the DSAT System.
- How Sessions Work – To help participants understand the structure, sequence and logic of DSAT sessions, and to practice techniques and methods used in group activities.
- Stages of Change – To help participants better understand the process of change, to help them identify their current stage, and make/stick to changes.
- Community Resources – To explore stresses inherent in making changes, and to guide participants to various community support services and agencies that might help manage those stresses.
- Getting Ready – Preparation for moving on to the Intensive Phase by completion off the Pre-Intensive Questionnaire, and learning about the roles of facilitator and participant for the duration of treatment.

**Men's Community DSAT Treatment Program**  
**Motivational Enhancement**  
**Institutional and Community Volume**  
**Levels 3, 4 and 4+**

**Motivational Enhancement**  
**Institutional and Community Volume**

*Note: Motivational Enhancement (MET) treatment is delivered using motivational principals interventions (MI) delivered in individual and group settings. The curriculum is a brief, directive, client-centered counseling approach running from two to four sessions used to treat individuals with addictive behaviors. MI is designed to mobilize the participant's own intrinsic motivation to change by helping to identify and resolve ambivalence. This volume contains sessions for both institutional and community treatment appropriate for delivery across all DSAT service levels for both men and women. Reference to the Institutional Sessions is included in the volume, DSAT MET training provides detailed instruction in the sessions appropriate to each setting.*

**Broad Objectives for Motivational Enhancement**

- ❖ Objective consideration of the “pros” and “cons” of changing substance use versus not changing.
- ❖ Objective feedback of personal data regarding substance use and its attendant risks and benefits to the individual
- ❖ Orientation to the DSAT Intensive Phase participants will enter following completion of the motivational intervention.
- ❖ To increase problem recognition and the probability of entering into and continuing treatment through to completion of the continuum of phases.

**Core objectives for Motivational Enhancement by session:**

**Institution - Individual Sessions:**

1. Priming Session – To express concern regarding substance use
2. End Treatment Session – To consolidate commitment to behavior change

**Community – Individual Sessions:**

1. Initial Session - To increase motivation for treatment and ongoing behavior change
2. Mid-Treatment Session – To increase motivation for treatment and ongoing behavior change

**Community – Group Sessions:**

1. Both Sides of Change – To explore pros/cons of use and alternatives for changing
2. Change/Not Change – To explore short and long term consequences of change
3. Drugs on Trial – A mock trial as basis for motivating clients to change
4. Inner Struggle – To explore ambivalence and examine reasons to not use alcohol or other drugs in high risk situations.
5. Pathways Forward – To explore pros/cons of treatment as basis for change.

## **Men's Community DSAT Treatment Program**

### **Intensive Phase Levels 3 and 4**

#### **Men's Intensive Phase Level 3**

##### **Intended Audience**

Men who are currently:

- ❖ residing within the community
- ❖ are currently under the supervision of the Department of Corrections, or another mandated supervisory program. (Example: Dept. of Health & Human Services Child Protective Services)
- ❖ meet the criteria for a Level 3 intervention based on results from Computerized Screening Assessment and Comprehensive Assessment Interview
- ❖ who have been assessed as having a moderate level of dependence on drugs and/or alcohol.

#### **Broad Objectives for Men's Intensive Phase Level 3**

- To motivate participants to examine the impact their substance using behaviors have had on their lives and the lives of those around them.
- To deliver treatment services in a manner that encourages participants to learn a wide range of cognitive and behavioral coping skills.
- To motivate participants to commit to achieving a substance-free lifestyle.
- To introduce participants to a variety of self-help support groups, both 12-step and cognitive-behavioral (example: Self-Management and Recovery Training – S.M.A.R.T), and provide instruction on the utilization of support groups.
- To establish a foundation and repertoire of skills that participants can practice on a daily basis to improve their abilities to cope with high-risk situations leading to slips/relapses and criminal action.

#### **Men's Intensive Level 3 Objectives by Session (10 sessions)**

1. Education – Program introduction and review of terms
2. Decisional Balance – What did I get from my drug/alcohol use?
3. Looking at Addiction – Why people use; how some people get addicted
4. Personal Goal Setting – Each participant establishes his own goals for the duration of the program

#### Men's Level 3 Objectives by Session, cont'd.

5. Risk Situations – Each participant learns what situations are most likely to trigger abuse of drugs and/or alcohol
6. Coping by Thinking – Thinking skills
7. Interpersonal Problem Solving – Dealing with other people
8. Getting the Support You Need – Identifying available support groups; options for those who are unable to find a group that meets their needs
9. Assertiveness Skills – How to deal with pressure from others (to use)
10. Relapse Prevention – Understanding how and why relapses happen, and how to prevent relapse

#### **MEN'S INTENSIVE PHASE Level 4**

##### **Intended Audience**

Men who:

- ❖ are currently under the supervision of the Department of Corrections, or another mandated supervisory program. (Example: Dept. of Health & Human Services Child Protective Services).
- ❖ who may be residents of a structured/supervised half-way house program
- ❖ have been assessed as having a severe level of dependence on drugs and/or alcohol
- ❖ meet the criteria for a Level 4 intervention based on results from Computerized Screening Assessment and Comprehensive Assessment Interview.

#### **Broad Objectives for Men's Intensive Phase – Level 4**

1. To motivate offenders to examine the impact their substance using behaviors have had on their lives and the lives of those around them.
2. To deliver treatment services in a manner that encourages the offender to learn a wide range of cognitive and behavioral coping skills.
3. To increase the probability that positive changes are made during the Intensive Phase of treatment in the areas of attitudes, knowledge, cognitive and behavioral gains.
4. To establish a foundation or repertoire of skills that offenders can practice on a daily basis to improve their abilities to cope with high-risk situations leading to slips/relapses and criminal action.

#### **Men's Level 4 Objectives by Session:** (15 sessions)

1. Education – Program introduction, review of basic terms.

#### Men's Level 4 Objectives by Session, cont'd

2. Decisional Balance – What did I get from my drug/alcohol use?
3. Looking at Addiction – Why people use; how some people become addicted.
4. Personal Goal Setting – Each participant establishes his own goals for the duration of the program.
5. Risk Situations – Each participant learns what situations are most likely to trigger substance use for him.
6. Coping by Thinking – Thinking skills.
7. Interpersonal Problem Solving – Dealing with other people.
8. Substance Abuse and Crime – Focuses on understanding the relationship, and how to break it.
9. Getting the Support You Need – Support groups available, and options if no organized support group meets a participant's needs.
10. Assertiveness Skills – How to deal with pressure (from others) to use.
11. Leisure Skills – How to find constructive leisure activities that don't involve substance use.
12. Skills for Finding a Job – Basic primer on job-hunting skills.
13. Communication/Social Skills – How to communicate better with other people.
14. Coping With Emotions – How to cope with emotional challenges, particularly anger.
15. Relapse Prevention – Understanding how and why relapses happen, and using information and learned skills to prevent relapses.

## **Men's Community DSAT Treatment Program**

### **Maintenance Phase**

### **Levels 3 and 4**

**Note:** This phase has been designed for participants who have completed the Men's Community Intensive phase. There are two levels within this program (Level 3 and 4+) designed for participants with different levels of criminal risk/need.

Level 3 participants, all of whom have been assessed as having moderate levels of dependence, will have already covered an intensive curriculum of ten sessions when they start this Maintenance Phase. There are 12 sessions within the Maintenance Phase for Level 3 participants, five of which are mandatory. In addition there are 3 sessions for Level 3 that are presented in a slightly different version from the Level 4 sessions. They, too, are noted.

Level 4 participants, all of whom have been assessed as having substantial levels of dependence will have already covered an intensive curriculum of fifteen sessions when they start this Maintenance Phase. There are 21 sessions for Level 4 participants, all of which are to be covered by facilitators delivering the program.

#### **Broad Objectives of the Men's Maintenance Phase Levels 3 & 4**

- ❖ Provide graduates of the Intensive Phase with a supportive group to encourage continued behavioral change efforts and to meet new challenges that will arise in the community during the maintenance period.
- ❖ Increase the probability that the positive changes in attitudes, knowledge, cognitive and behavioral skills, and behavioral intentions made through treatment will be maintained.

#### **Men's Maintenance Objectives by Session (21 sessions - Level 3 mandatory sessions identified)**

1. Deciding to stay clean
2. Revisiting Personal Goal Setting (**Level 3**)
3. Understanding Stages of Change
4. Building a Personal Support Network
5. Wallet Card and Community Resources
6. Conversation Skills
7. Reflective Listening Skills (**Level 3**) – *Note: this version differs from Level 4*
8. Interpersonal Skills for Close Relationships



Men's Maintenance Level 3 & 4 Objectives, cont'd

9. Understanding the Work Environment (**Level 3**) – *Note: this version differs from Level 4*
10. Improving Job Skills
11. Achieving a Leisure [Lifestyle] Balance
12. Refusal Skills/Relapse Prevention – Part 1 (**Level 3**)
13. Refusal Skills/Relapse Prevention – Part 2 (**Level 3**)
14. Values and Decision Making
15. Communicating With Authorities and Professionals
16. Dealing With Cravings (**Level 3**)
17. Constructive Thinking (**Level 3**) – *Note: this version differs from Level 4*
18. The Learning Cycle
19. Relaxation Techniques
20. Developing an Emotions Management Strategy
21. Slip Management (**Level 3**)

## **Community DSAT Men at Levels 3 and 4**

**Computerized Screening Assessment (CSA)** – 20-30 minute computer or paper and pencil assessment. Scored at Level 1-4, Levels 3-4 referred for CAI (or w/ probation/case management override).

**Comprehensive Assessment Interview (CAI)** – 3 hour individual client interview to assess appropriateness for program and level of treatment need, not all assessments will result in client being appropriate for DSAT groups (especially ADTC clients).

### **MI/MET Component:**

#### **Level 3**

- 2 Individual Sessions – Priming and Mid-Treatment 1.5 hours/session
- 2-3 Group Sessions 1.5 hours each group

#### **Level 4/4+**

- 2 Individual Sessions – Priming and Mid-Treatment 1.5 hours/session
- 4 Group Sessions 1.5 hours each group

### **Pre-treatment Orientation Sessions: Optional**

- 0-6 Group Sessions 1.5 hours/group

### **Intensive Treatment: Closed Groups**

#### **Level 3**

- 10 Groups
- 3 hours/group

#### **Level 4/4+**

- 15 Groups
- 3 hours/group

### **Maintenance Groups: Open and can be repeated**

#### **Level 3**

- 12 Groups
- 2 hours/group

#### **Level 4/4+**

- 24 Groups
- 2 hours/group

### **Other Individual Sessions**

- One Individual MET refresher session
- Re-evaluation/Program Completion 1.5 hours @ end of program
- Referrals to other ancillary services as needed and appropriate

# **Community DSAT**

## **Client Flow and Phases of Treatment**

**Referral (Probation, Case Worker, Treatment, or Drug Court)**



**Screening by Case Manager and/or Treatment Provider**



**Clinical Evaluation and Treatment Recommendations by Treatment Provider**



**Orientation and Initial Treatment Focusing on Client Engagement and Motivation**

3-4 weeks of Individual MET and Open Groups

DSAT Pre-treatment Groups: Six Optional DSAT Orientation Sessions, 90-minute groups

DSAT MET: 1 90-minute individual session + 5 90-minute open group sessions



**Intensive Therapy**

8-10 Weeks of Closed DSAT Groups, Two 3-hour sessions per week

Total of 10-15 group sessions depending DSAT Program Level on severity of addiction



**DSAT Maintenance Groups**

12-24 Weeks of Open DSAT Groups

Total of 12-24 2-hour group sessions depending on program level



**Individualized Treatment/Aftercare**

Approximately 12 weeks prior to drug court graduation

May include weekly maintenance group

# **ADTC Client – DSAT Client Flow and Phases of Treatment**

**Screening, Referral & Assessment  
(Weeks 2-4)**

**Treatment Phase I – DSAT Motivational Enhancement  
(Weeks 5-8)**

**Treatment Phase II – DSAT Intensive Treatment  
(Weeks 8-18)**

**Treatment Phase III – DSAT Maintenance Treatment  
(Weeks 18-42)**

**Treatment Phase IV – Individualized  
Treatment/Aftercare & Graduation  
(Weeks 30-52)**